

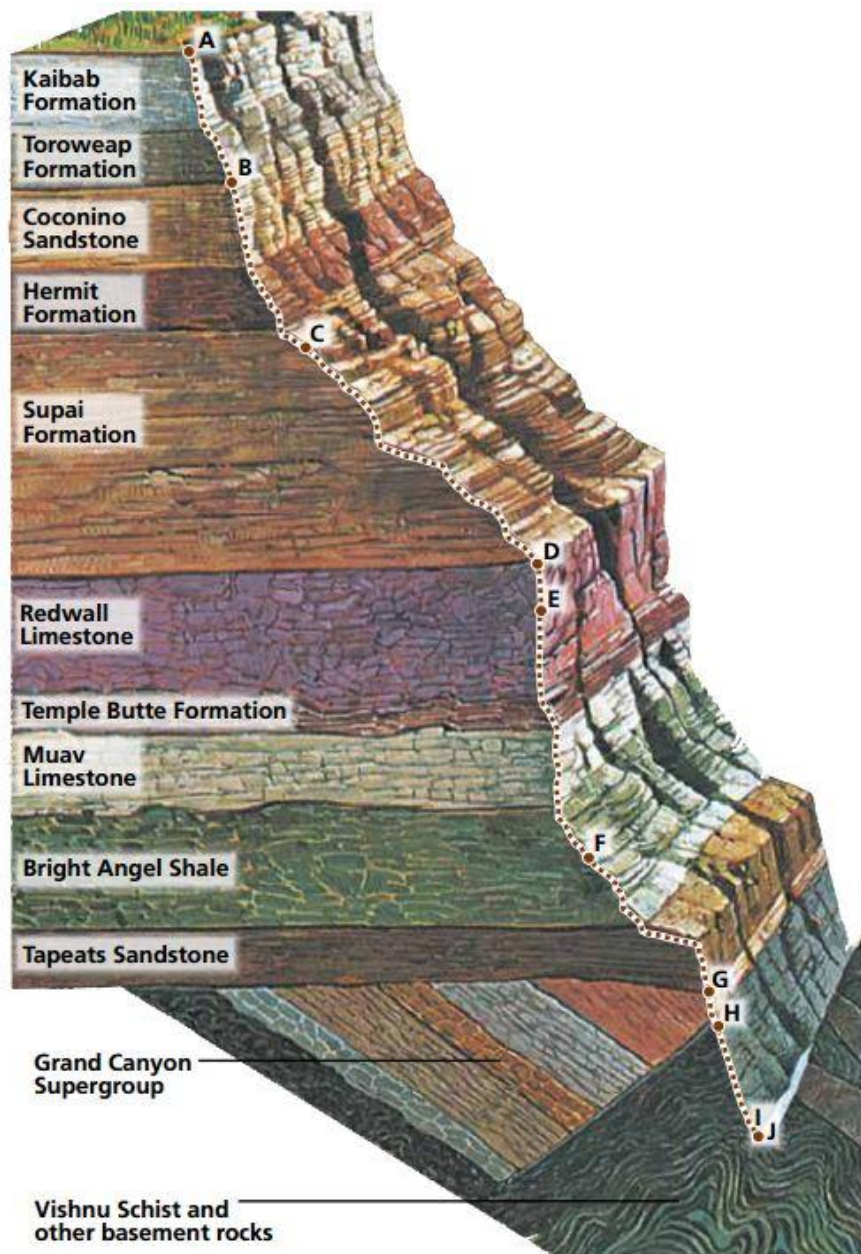
Grand Canyon

National Park Service
U.S. Department of the Interior

Grand Canyon National Park
Arizona



Grand Canyon Unearthed



Cross-section of the North Kaibab

During this program participants will travel the North Kaibab Trail between Phantom Ranch and the Trailhead on the North Rim. Participants will either hike up (Unearthed Upper) or down (Unearthed Lower) the North Kaibab staying one night at Phantom Ranch (I) and Cottonwood Campground (G).

The North Kaibab is considered the most difficult of our three major trail systems. With more than 1000 feet height difference from the Bright Angel Trail this trail climbs close to 6000 feet in elevation in 14 miles in a place where summer temperatures routinely can be over 100 degrees with little or no shade and limited water availability.

Participants must be in good physical condition to hike this trail. Great ways to prepare for this hike include actively engaging in school sports, hiking area trails with 20-30 pound packs with some elevation change, training and running a 5K, or climbing stairs. *Hiking the North Kaibab is comparable to climbing a 600 story building (5 Empire State Buildings) in 105 degree heat with little access to water.*

North Kaibab Trail Destinations

Location	Elevation	One-way Distance	Facilities
A. Trailhead	8,250 feet (2,515 m)	0 miles (0 km)	water
B. Coconino Overlook	7,450 feet (2,270 m)	0.7 miles (1.1 km)	none
C. Supai Tunnel	6,800 feet (2,070 m)	2.0 miles (3.2 km)	water
D. Redwall Bridge	6,100 feet (1,860 m)	2.6 miles (4.2 km)	none
E. Eye of the Needle	5,850 feet (1,780 m)	3.5 miles (5.6 km)	none
F. Roaring Springs	5,200 feet (1,585 m)	4.7 miles (7.6 km)	water
G. Cottonwood Campground	4080 feet (1,240 m)	6.8 miles (10.9 km)	water, campground, ranger station, toilets
H. Ribbon Falls	3,720 feet (1,130 m)	8.3 miles (13.4 km)	none
I. Phantom Ranch	2,546 feet (776 m)	13.7 miles (22 km)	water, campground, ranger station, toilets
J. Colorado River	2,400 feet (730 m)	14.2 miles (22.9 km)	Do not swim in river.

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Grand Canyon Unearthed Itinerary

GC Unearthed Upper		GC Unearthed Lower	
Day 1	Flagstaff to meet group at ~2pm at Coconino Bldg. Travel to South Rim (~2 hours)		
Day 2	Explore South Rim		
Day 3	Explore South Rim		
Day 4	Travel to Page, AZ for Glen Canyon Dam Tour and camp at Lee's Ferry	Day 1	Flagstaff to meet group at ~11AM at Coconino Bldg. Stop at Glen Canyon Dam for tour. Travel to North Rim (~6 hours)
Day 5	Embark on River from Lee's Ferry	Day 2	Explore North Rim
Day 6	River Day	Day 3	Explore North Rim
Day 7	River Day	Day 4	Hike North Kaibab to Cottonwood Campground (Distance 6.8 miles. Elevation change: 4,161 feet)
Day 8	River to Phantom Ranch:	Day 5	Hike North Kaibab from Cottonwood Campground to Phantom Ranch (Distance 7.2 miles. Elevation change: 1,600 feet)
Day 9	Hike North Kaibab Phantom Ranch to Cottonwood (Distance 7.2 miles. Elevation change: 1,600 feet)	Day 6	Embark on River from Phantom Ranch
Day 10	Hike North Kaibab from Cottonwood Campground to North Rim (Distance 6.8 miles. Elevation change: 4,161 feet)	Day 7	River Day
Day 11	Explore North Rim	Day 8	River Day
Day 12	Explore North Rim	Day 9	River Day
Day 13	Explore North Rim	Day 10	River Day
Day 14	Depart North Rim to Flagstaff	Day 11	Pearce Ferry to South Rim
		Day 12	Explore South Rim
		Day 13	Explore South Rim
		Day 14	Depart South Rim to Flagstaff